

Practical Parallel Parenting:

When every interaction leads to conflict, parents need to learn new ways to interact. Parallel Parenting reduces divorce-related conflict and improves children's post-divorce adjustment.

Rationale for Parallel Parenting:

Personality disordered parents chronically deny and distort reality to validate themselves. They cannot endure discomfort and reflexively reject the supposition that they might be wrong. Unconsciously, they equate current criticisms, especially those from their ex-spouse with pains originating in childhood. Having spent a lifetime denying criticism, the disordered parent's denial is now an instantaneous. Divorce-related conflict, then, is rarely about the presenting issue. Rather, it is about the disordered parent's need for validation. The disordered parent "lives for the fight" because the fight is really a quest for personal validation.

This parent's quest is so strong she may even sacrifice her children to validate her truths. Her ex-spouse, then, has no choice but to fight to protect those very children.

For this cohort of people, education is not helpful. Telling them to work together for the sake of their children merely increases opportunities for conflict. These parents cannot co-parent until they can train themselves to disengage. ***Practical Parallel Parenting*** provides these parents insight into the underlying dynamics that drive their conflict. It teaches skills for managing conflict. And parents learn to recognize patterns of behavior and respond in ways that avoid conflict.

Benefits of Parallel Parenting:

- Reduces conflict through effective management.
- Reduces conflict when the disordered parent finally realizes that the other parent has disengaged.
- Helps parents learn and model healthy boundaries.
- Affords parents more time and energy to build their relationship with their children.

In Practical Parallel Parenting, parents learn to:

- Accept the realities of their situation.
- Identify the true nature of the conflict.
- Identify conflict-triggers.
- Control the conflict.
- Disengage and maintain healthy boundaries.
- Effectively parallel parent.

For more information, please visit: <http://bit.ly/mi-p3>.